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THE WENDY'S
ADS SAYS GINGERS ARE LIKE
MODERN-DAY UNICORNS AND
DESERVE MORE RESPECT —
ALTHOUGH SHE'S NOT A REAL
GINGER HERSELF **PAGE 15**



Face paint is for Kiss fans, Olympians say

Only 20 per cent favour that
form of support, so be sure
to read up on all the best
practices for cheering on
Team Canada in Sochi **PAGE 4**

Harper hailed a hero during visit to Israel

Prime Minister Benjamin
Netanyahu praises Harper's
'great moral leadership' in
opposing terrorism, Iran
and anti-Semitism **PAGE 8**

Booze or bud, it's all the same: Obama

President calls pot no more
hazardous than alcohol for
the consumer, but says that
a weed habit is unhealthy
and a waste of time **PAGE 9**

NEWS
WORTH
SHARING.



Man demands to know why he was not impregnated

Transgender issues.
T.O. father says he was
called 'too masculine'
by fertility clinic staff

For a transgender Toronto man
locked in battle with a Mas-
sachusetts health-care facility
that refused to impregnate
him, a face-to-face conversa-
tion would be a victory.

But even after the state's
Commission against Discrimi-
nation found probable cause last
fall that Andy Inkster had been
discriminated against, he wor-
ries it won't happen.

"(The complaint is) a last-
ditch effort.... They've never
met with me; they don't return
my calls. It's been four years
and it drags on," he said.

Inkster, now 33, moved to

Springfield, Mass., to pursue a
doctorate in sociology in 2009.
He'd been trying for months
to get pregnant but without
success so he booked an ap-
pointment to resume fertility
treatments at Baystate Repro-
ductive Medicine.

Inkster, who was born a
woman, never had sex-re-
assignment surgery so he had
all the right reproductive parts
and he had stopped taking tes-
tosterone.

He alleges he was called
"too masculine" to have a baby
and that a health-care profes-
sional sought a therapist to
weigh in on his "emotional
ability to handle pregnancy
and parenting."

Inkster also alleges Baystate
held closed meetings to de-
termine whether to treat him
and in January 2010 a nurse
emailed to say Baystate didn't

Day-to-day life

Andy Inkster now lives in
Toronto with his daughter,
where he works as a health
promoter at the LGBTQ
Parenting Network.

have the "expertise," advising
him to go elsewhere.

None of the allegations
have been proven.

Baystate argues it does not
legally or ethically need to
accept all patients and that
a committee reviews all po-
tential patients and "inappro-
priate" ones are not treated.
Baystate also argues it didn't
have a proper program to treat
transgender patients at the
time. **TORSTAR NEWS SERVICE**

FOR THE FULL STORY, HEAD TO METRONEWS.CA



GRACIOUS IN DEFEAT

Quarterback Tom Brady of the New England Patriots congratulates his Denver Broncos counterpart Peyton Manning after the Broncos took the AFC championship game 26-16 at Sports Authority Field at Mile High in Denver. Manning will play in his third Super Bowl against the Seattle Seahawks. See page 27 for story. **KEVIN C. COX/GETTY IMAGES**

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Woman donates liver to save her neighbour's life

What's a vital organ among friends? The sweetest of punch lines

There's a joke in Laurie Schell's Milton home.

"We say, 'Isn't it so weird to think Erica is here, and her liver's next door?'" she says.

Everyone laughs. But it's not actually a joke.

Schell's daughter, 21-year-old Erica Tomlinson, donated most of her liver to their neighbour, Renee Ly, on Nov. 20, 2013.

As a living donor, Tomlinson underwent surgery that removed about 70 per cent of her liver. It was transplanted into Ly, in the adjacent operating room at Toronto General Hospital. Tomlinson's liver will have regenerated completely by this time next month.

The families have been friendly since Ly, 39, moved into the house next door on McLaughlin Avenue in 2010, with her husband and two sons.

"It started off borrowing a cup of sugar or some milk, it

Why become a donor?

- Less than a quarter of Ontarians are organ donors; only 15 per cent in the GTA.
- More than 1,500 people in the province are awaiting an organ that could save their life.
- Nearly 70 people in Ontario died in 2012 because they didn't get one in time.

turned into borrowing a liver," says Tomlinson, laughing.

Ly was diagnosed in 2009 with a rare liver disease, primary sclerosing cholangitis. Within a couple years the disease was attacking her spleen, her heart, her lymph nodes. She was sick, raising two adolescent sons.

Tomlinson started thinking about it as soon as she heard.

"I knew it had to be done," says Tomlinson. "I just said, 'A life's a life and if I can do this, I'm going to do it.'"



Neighbours Renee Ly, right, and Erica Tomlinson share a liver. Ly was on a transplant wait list and fading fast when Tomlinson decided to give her 70 per cent of her liver to save her life. TORSTAR NEWS SERVICE

Ten days after Ly was put on the transplant list in September 2013, there was a knock at her door.

Tomlinson told her neighbour she wanted to donate, demanding the phone number for the transplant centre where she would need tests to deter-

mine whether she was a possible fit. At first, Ly refused.

"It's very hard to accept someone wanting to do something like that for you, putting themselves at risk," says Ly. "And her age — she's so young, with so much going for her."

Tomlinson's surgery lasted

eight hours. Ly's was more than 10. At the end of it, their families and friends cheered.

"I don't remember ever feeling this good," says Ly.

"I'd do it again in a heartbeat," says Tomlinson. "And I've still got a kidney up for grabs."

TORSTAR NEWS SERVICE

Only 41% get quick family doctor appointments: Report

Canada ranks last in an international comparison that looks at how quickly patients can get in to see their family doctors.

Only 41 per cent of Canadians can get an appointment the same day or next with their primary care provider, according to a new report from the Health Council of Canada, released Monday.

There has been no improvement in the last decade.

"We show largely disappointing performance compared to other high-income countries," states the report which compares the health systems of 11 OECD countries.

Germany ranks first with 76 per cent of residents able to get quick access to family doctors and nurses.

The measurement is an important one because if the primary care system does not work well, pressure is brought to bear on other parts of the health system, explained Mark Dobrow, the council's director of analysis and reporting.

For example, when patients can't get in to see their family doctor, they often resort to hospital emergency

departments, contributing to long waits.

Not surprisingly, Canada ranked last on that measure too — by a long shot. Some 26 per cent of people reported they had waited more than four hours to be treated in an ER. The Netherlands was the best performer with 1 per cent facing such waits.

TORSTAR NEWS SERVICE

Waiting more than month

The report is based on data from the Commonwealth Fund health policy survey.

- It shows that 60 per cent of Canadians wait more than a month to see a specialist. When they finally get in, they often discover their family doctor has not sent over lab results.

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Can't go wrong with red and white

Poll. Athletes chime in on how to be the best Canadian fan at Sochi



PHOEBE HO
toronto@metronews.ca

Diehard fans planning on cheering on Canadian athletes at the Sochi Olympic Winter Games next month may want to hold back on the face painting.

A recent poll conducted by Mondelez Canada shows that if they had to pick, Canadian Olympians said face painting was their least favourite fan behaviour (20 per cent). Instead,

Stay in the loop

- For a whole new fan experience, download the Pride & Joy app to follow your favourite athletes during the Sochi Olympics and get real-time updates, medal counts and schedules.
- Mondelez Canada will donate \$1 to the Canadian Olympic Foundation, up to a maximum of \$50,000, with each download of the app on iTunes, Google Play and PrideandJoy2014.ca.
- Canadians are eligible to enter a contest and win a trip for two to the men's gold-medal hockey game in Sochi by downloading the app by Jan. 24.



Jennifer Botterill says face painting has the lowest impact for her.
CONTRIBUTED/HOCKEY CANADA/THE CANADIAN PRESS

they said cheering and shouting (77 per cent), holding up signs of support (73 per cent), and dressing up in red and white (71 per cent) were the top ways to motivate them.

Three-time Olympic gold medallist Jennifer Botterill said while face painting had the lowest impact for her, seeing a sea of red and white always does the trick.

"In our rink every single time that we played, everyone was in Canada gear wearing the red and white," she said. "And as an athlete you're focused, but at the same time you take in some of that energy and you notice how much the Canadians are supporting you."

But whatever fans do, Botterill said the athletes out there do notice and appreciate it all.

"It's great for them to show their support and their enthusi-

asm in their most authentic way, so however they want to support is really meaningful for the athletes," she said.

The survey also found that 72 per cent of athletes loved receiving handwritten letters. Sixty-two per cent said they liked to hear from fans on social media, and 70 per cent said they preferred emails of support.

In fact, Botterill said she made it a point to put up all the letters she received every time she competed at the Olympics.

"At my first Olympic Games my roommate Becky Kellar and I put up all the letters that were sent to us in our rooms in the village," she said. "We put every single one up on our walls, so our walls were covered from the support from Canadians ... Even the last Olympics, I continued to do that."



Scenes like this one — Canadian Olympic women's hockey fans cheering on their team — are what Canadian Olympians appreciate most, a survey says. FRANK GUNN/THE CANADIAN PRESS

From the mouths of Olympians

Here are some tips from Canadian Olympians on how to be the best fan at Sochi:

- "Get rowdy. Know when to cheer, and when not to!" says three-time Olympian Robin Clegg.

- "Positive support through social media goes a long way for athletes, helping them stay motivated," says Olympian Dustin Hersee.
- Two-time Olympian Rick Say asks you to remember that "heckling the competition is

not sportsmanlike."

- "Always be positive with what you say. 'You are not far behind' isn't as helpful as 'You are catching them' or 'Go get 'em, they're just up ahead,'" says two-time Olympian Brent McMahon.

Injuries cost NHL hundreds of millions: Study



The Chicago Blackhawks' legendary enforcer Bob Probert, left, and the Boston Bruins' Andrei Nazarov duke it out in this 2001 file photo. FRED JEWELL/THE ASSOCIATED PRESS

Cracking down on hockey violence is a no-brainer, argues a Toronto neurosurgeon whose research shows the NHL spends \$239 million annually on lost time for injured players.

NHL owners need to do a better job of protecting players, if not for the athletes' sake then for their own pocketbooks, said Dr. Michael Cusimano, from St. Michael's Hospital.

"There is a financial cost to these injuries that are eminent-ly preventable," he said.

His study, published Monday in the British Medical Journal's Injury Prevention, found that more than 63 per cent of the 1,307 NHL players who laced up skates during the three seasons that began in 2009-10 missed at least one game because of a

Quoted

"(People) think, 'My kid is going to get the scholarship, my kid is going to get the multimillion-dollar NHL contract.'"

Dr. Michael Cusimano, St. Michael's Hospital, saying people fail to consider that brain damage from multiple concussions can affect academic success, social relationships and impulsivity, all of which, in turn, can affect future earning potential.

hockey-related injury.

Owners still have to pay players when they can't play due to injury. Insurance typically only kicks in after a player misses 30 games. Even then, it only covers 80 per cent of in-

jured players' salaries.

Time lost to concussions alone accounts for \$42.8 million annually, according to the study. Some 88 per cent of concussions are related to violent acts.

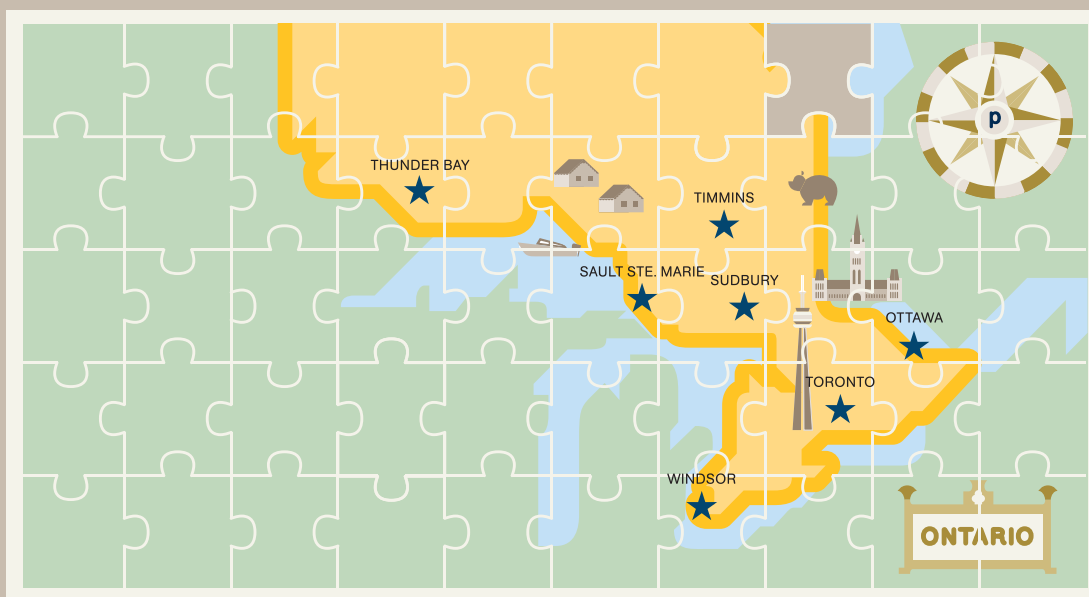
The new evidence pokes holes in the oft-heard argument that cracking down on player-on-player aggression would hurt revenues, Cusimano said.

"Somebody is paying for a service that isn't being delivered," he said, noting that not only are the teams and the league losing out, but also the fans. Costs get passed down in the form of higher ticket prices, more expensive team merchandise and even pricey food at arena concessions.

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Immigration appeal delays separate couples for years

Red tape. The amount of time it takes to get a spousal sponsorship appeal has crept up

It took Indrani Banerjee three years to get a decision from immigration officials denying her sponsorship of her Pakistani husband.

Now, the Mississauga woman must wait as long as two years for a federal tribunal to hear her appeal against Citizenship and Immigration Canada.

Banerjee, 52, who emigrated from India in 2001, and her spouse, Mazhar Elahi Khan, 45, are among thousands of couples caught up in a bureaucratic nightmare that has seen the average processing time of sponsorship appeals creep up over the last five years.

"We waited three years just to get a decision on our sponsorship. Now we have to wait for another two years just to get a hearing on our appeal," said Banerjee, an accountant whose application was rejected last fall. "It is so frustrating."

Cut losses

"His wife stopped believing he loved her and tried to help her to come to Canada. She ended up divorcing him."

Raoul Boulakia, immigration lawyer

She said officials denied the request because they didn't believe the marriage was genuine, as she is older than Khan. They were married in Toronto in 2010.

Despite Ottawa's emphasis on family reunifications as a tenet of the immigration system, it takes about a year for Canadians to bring in their overseas spouses, depending on visa posts. Processing times can range from eight months in Poland to 32 months in Pakistan.

The immigration department receives thousands of spousal sponsorship applications a year and rejects about 15 per cent of cases due to suspected fraud and failure to obtain health and criminal clearances. About half of rejected applicants pursue appeals at the tribunal.

However, even if an appeal



Indrani Banerjee and her husband, Mazhar Elahi Khan, are among thousands of couples caught up in a bureaucratic nightmare of sponsorship appeals. TORSTAR NEWS SERVICE

is successful, all the tribunal can do is send the case back to the visa post for a new assessment. That means the couple must queue up and start from scratch again.

Toronto immigration law-

yer Raoul Boulakia said one of his clients was trying to sponsor his wife from Tanzania. The application took four years to process and was ultimately rejected. The man found out his appeal wouldn't

be heard until two years later. "His wife stopped believing he loved her and tried to help her to come to Canada. She ended up divorcing him," said Boulakia.

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Anti-protest laws in Kyiv lead to clashes with police

New mass disorder charges invoked. Ukrainian ministry says convictions could bring prison sentences of up to 15 years

Thousands of anti-government demonstrators clashed for hours with riot police in Ukraine's capital Sunday, attacking officers with sticks, stones and flares after new laws were passed to stifle protests. Dozens of people, including more than 20 police officers, were injured.

The protesters, many wearing hard hats and gas masks in defiance of the new legislation, also used stun grenades and fire extinguishers on officers. A police bus was set on fire, and some activists broke pavement into

chunks.

Police responded by using tear gas and stun grenades of their own. Water cannons were also fired at the protesters in temperatures of -8 C, but the clashes continued.

The violence seriously escalated Ukraine's political crisis, which erupted two months ago after President's Viktor Yanukovich's decision to freeze ties with the European Union and seek a huge bailout from Russia.

The decision set off round-the-clock protests in Kyiv's centre, where demonstrators built a large tent camp.

The protests have been mostly peaceful, but anger rose sharply after Yanukovich on Friday approved laws sharply limiting Ukrainians' rights to protest, civic activism and free speech. The U.S. called that legislation "undemocratic."

THE ASSOCIATED PRESS



Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, is attacked and sprayed with a fire extinguisher as he tries to stop the clash between police and protesters in central Kyiv, Ukraine, Sunday.
EFREM LUKATSKY/THE ASSOCIATED PRESS

Moscow

Video posted by militant group threatens the Sochi Olympics

An Islamic militant group in Russia's North Caucasus has claimed responsibility for twin suicide bombings in the southern city of Volgograd last month and posted a video threatening to strike the 2014 Winter Olympics in Sochi. There had been no previous claim of responsibility for the bombings, which killed 34 people and heightened security fears before next month's Olympics. In the video, two Russian-speaking men sitting in front of black banners with Arabic verses warn President Vladimir Putin that if the games are held, "we will give you a present for the innocent Muslim blood being spilled all around the world." They add that "for the tourists who come there will be a present too." The video was posted Sunday on the website of the militant group Vilayat Dagestan.

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We see more than numbers.

Harper hailed as 'a great friend of Israel' during lavish welcome

Mideast trip. PM will address Knesset, meet with the president of the Palestinian Authority and also visit Jordan during his six-day visit

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an hon-

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- Harper will be the first Canadian prime minister ever to address the Knesset.

our guard as a military band played. The two men greeted a receiving line of high-ranking Israeli and Canadian ministers, diplomats and rabbis from both countries. Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran, telling Harper he's "shown courage, clarity and conviction."



Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Jerusalem on Sunday. While in the Middle East, Harper will visit Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

After beaming through Netanyahu's praise, Harper strode to the podium to say he was delighted to be

in Israel, adding he'd save further comments for his speech to the Knesset, Israel's parliament, on Mon-

day. That historic address comes after Harper travels to Ramallah for a meeting with Palestinian Authority

President Mahmoud Abbas. He'll also visit Jordan at the end of the six-day visit.

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Pot no more dangerous than alcohol: Obama

Marijuana. President calls weed 'a waste of time,' but is troubled by the disproportionate number of poor and minorities imprisoned for its use in the U.S.

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in an interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy," Obama said.

Laws passed in Colorado



U.S. President Barack Obama speaks in Washington on Friday.
CAROLYN KASTER/THE ASSOCIATED PRESS

and Washington legalizing marijuana recently went into effect. The president said it was important for the legalization of marijuana to go forward in those states to avoid a situation in which only a few are punished while a large portion of people have broken the law at one time or another.

The president said he is troubled at the disproportion-

ate number of arrests and imprisonments of minorities for marijuana use. "Middle-class kids don't get locked up for smoking pot, and poor kids do," he said. "And African-American kids and Latino kids are more likely to be poor and less likely to have the resources and the support to avoid unduly harsh penalties."

THE ASSOCIATED PRESS

Afghanistan. Canadians killed in Kabul were 'good persons with a good heart'

Two Canadians killed in a suicide bombing at a restaurant in Kabul Friday were "dedicated" workers contributing to the "peace and security" of Afghanistan, co-workers and family members said.

Daniel Charron, a partner at Samson and Associates where Peter McSheffrey and Martin Glazer worked as accountants, said employees at the Gati-neau, Que.-based firm are in shock and devastated.

A suicide bomber walked

into La Taverna du Liban, a popular restaurant frequented by foreigners in Kabul, followed by two armed gunmen who opened fire on patrons during dinner. McSheffrey, who was in his early 40s, and Glazer, 49, were among the 21 people killed, 13 of which were foreigners.

"They were taking a lot of pride in their work. They were good persons with a good heart," Charron said.

JOE LOFARO/METRO IN OTTAWA WITH FILES FROM THE CANADIAN PRESS



Martin Glazer of Gatineau, Que., left, and Peter McSheffrey of Ottawa are shown in their LinkedIn profile photos. They were among 21 people killed in Friday's attack at a popular restaurant in Kabul, Afghanistan. LINKEDIN/THE CANADIAN PRESS

Q4 fundraising

Tories raise \$5.2M to Liberals' \$4.3M

The Conservatives easily defended their position as top political fundraisers last year, taking in \$5.2 million in the final quarter of 2013.

Party president John Walsh told supporters in an email Sunday that the party had its best fourth quarter ever in a non-election year.

The Liberals had hoped to overtake the Tories during that last three-month stretch, but came in at \$4.3 million. THE CANADIAN PRESS

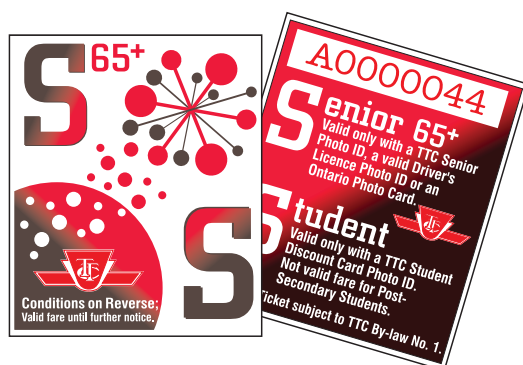
Webbing Ball

Spidey Cyruses twerk for mates

Think Miley Cyrus, but with more legs. Black widow spiders use jittery, abdominal movements not unlike twerking, the hip-shaking dance move made famous by Cyrus, to navigate the dangerous world of arachnid mating, according to a newly published study from a team of B.C. researchers.

THE CANADIAN PRESS

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Landowners plot death of Keystone

Nebraska. Anti-pipeline coalition all smiles after John Kerry shot down Canada's plea for speed

Nebraska pipeline opponents toasted news over the weekend that the Canadian government might be kept waiting longer for a decision on the Keystone XL project.

A group of anti-pipeline landowners discussed strategy at a fairground near the epicentre of the Keystone battle.

The holdouts are suing their state government, seeking to overturn a bill that allows the governor to force them to let TransCanada use their land.

Should they be forced to settle, they hope to extract better contract terms.

However, the landowners are also training a steady

Majority

Landowners in nearly every state on the pipeline path have already signed deals with TransCanada, the company spearheading the Alberta-to-Texas project.

- Even two-thirds of those in Nebraska have agreed to terms.

gaze on Washington in the hope the U.S. government simply rejects the long-delayed project.

They loved what they saw last week, as U.S. Secretary of State John Kerry slapped down a Canadian request for a decision soon.

He made the remarks while standing next to Canada's foreign affairs minister, John Baird, who had used a three-day trip to Washington to express exasperation over

the project's repeated, years-long delays and demand a decision in time for the 2014 construction season.

One activist called that reaction significant.

She said Kerry, who was known as a climate-change fighter when he was a congressman, had been pretty quiet on Keystone since he took over the department leading the regulatory process.

"He has actually been silent on the issue. So the first time that we've actually heard from him was this week. So it was huge news," said Jane Kleeb, a longtime Democratic party activist who is working to organize landowners against the project.

"That was really reassuring to us. Because we think the proper water studies haven't been done. There's a whole list of things."

THE CANADIAN PRESS



Protest marred by grenades

Anti-government protesters block traffic during a march in Bangkok. Two explosions shook an anti-government demonstration in Thailand's capital on Sunday, wounding at least 28 people as the nation's volatile political crisis drags on. JOHN MINCHILLO/THE ASSOCIATED PRESS

Egypt

'Slaughter' remark misunderstood?

A former Egyptian lawmaker who threatened on a popular TV show that Americans would be "slaughtered in their homes" if an attempt is made on the life of the country's military chief recanted on Sunday, saying his comments were misconstrued. Mostafa Bakry based his Jan. 13 comments on what he called a conspiracy led by the U.S. THE ASSOCIATED PRESS

Chemical weapons

Israel pulls plug on gas masks

Israel has decided to stop issuing gas masks to the public after concluding the threat of chemical attack is low.

Just a few months ago, Israelis were rushing to distribution centres after chemical weapons were fired at rebel-held areas in neighbouring Syria.

THE ASSOCIATED PRESS

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People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)



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Putin tries reassurance but trips over gay issue

Sochi. President reiterates official stance there will be no discrimination against gays at Olympics

Russian President Vladimir Putin has offered new assurances to gay athletes and fans attending the 2014 Sochi Winter

Olympics next month. Yet he defended Russia's anti-gay law by equating gays with pedophiles and said Russia needs to "cleanse" itself of homosexuality if it wants to increase its birth rate.

"There are no fears for people with this nontraditional orientation who plan to come to Sochi as guests or participants," Putin declared.

Putin refused to answer a

question on whether he believes that people are born gay or become gay. The Russian law, however, suggests that information about homosexuality can influence a child's sexual orientation.

He said the law was aimed at banning propaganda of homosexuality and pedophilia, suggesting that gays are more likely to abuse children.

The law on propaganda

has been used to justify barring gay pride rallies on the grounds that children might see them. This has raised the question of how athletes and fans would be treated for any gay rights protests during the Olympics. When asked about this by the ABC TV channel, Putin said protests against the law itself would not be considered propaganda.

THE ASSOCIATED PRESS



A Russian gay rights activist walks along a police line during a rally on a Moscow boulevard on Sunday. ALEXANDER ZEMLIANICHENKO/ THE ASSOCIATED PRESS

China

790,000 fake ID records found in police database

Police in China have discovered 790,000 fake ID records in their system, which can be used to gain benefits, hide assets and circumvent property ownership restrictions.

The records that included people registering with different details came to light when police used image matching technology, the Ministry of Public Security said Sunday. THE ASSOCIATED PRESS

Britain

Councilman blames floods on gay marriage law

The British far-right United Kingdom Independence Party has suspended local councilman David Silvester who blamed recent severe flooding on the U.K. government's legalization of gay marriage.

The party initially defended Silvester but suspended him Sunday for defying instructions not to give further interviews. THE ASSOCIATED PRESS



Orthodox Christians take Epiphany dip in Belarus

A man crosses himself while bathing in the ice cold water during Orthodox Epiphany celebrations at a lake in the village of Zadomlya, Belarus, Sunday. Thousands of Belarusian Orthodox Church followers plunged into icy rivers and ponds across the country to mark Epiphany, cleansing themselves with water deemed holy for the day.

SERGEI GRITS/ THE ASSOCIATED PRESS

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Buyer beware: The bitcoin boom



**HOW
TO ROLL**
Alison Griffiths
metronews.ca

Is it currency, speculation, a black-market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at \$0.30 US per unit, or even early last year when the price had jumped to \$13, it's been a whale of a deal. Today, a single bitcoin is worth \$866 US (\$949 CAN).

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travellers (changing currency can be an expensive nuisance, and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital



A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

money, which have been on the increase worldwide, and the 2011 shutdown of the illicit drug site Silk Road cast a pall over the currency.

Nonetheless, there are

predictions that a single unit will be worth as much as \$100,000 one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.

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POST STORM, THE REAL DAMAGE IS FORD

When you get right down to it, there's really not a whole lot to say about last week's Premier Kathleen Wynne versus Mayor Rob Ford story. He wanted to meet to talk about the ice storm clean-up costs. She didn't feel that was necessary. Case closed.

Besides, away from the personalities and the politics, it's the bigger picture of deteriorating provincial-municipal relations that's much more interesting.

This tiff over storm costs plays against the backdrop of a long and often testy relationship between city hall and Queen's Park. Ever since the dark days of dramatic Mike Harris cutbacks and forced amalgamation, municipal leaders have spent much of their time trying to undo the damage; to get a fairer deal from the provincial government.

For the mayor of Toronto, this is a doubly important responsibility, because Toronto tends to set the precedent for other Ontario municipalities, all who face, or will face,



URBAN COMPASS
Matt Elliott
toronto@metronews.ca

similar challenges when it comes to fighting gridlock, building infrastructure and dealing with extreme weather events.

Under Ford's predecessors, some progress was made. The province began funding some of the programs they had foisted on cities. Toronto was given new powers to raise revenues. Queen's Park actually started to acknowledge that public transit was a thing for which they might be responsible.

But then came Ford, who turned all these efforts upside down. The problem with Toronto wasn't the raw deal the city was getting from the province, he explained, but rather that there was a person paid union wages to water the plants at city hall. As Ford gained in the polls, the city's weighty institutional issues were overshadowed by dozens of nickel-and-dime problems.

Three years into the Ford mayoralty, the results of this shift are readily apparent. Ford has given Wynne not only

good reason to not meet with him about storm clean-up money, but also decent justification to deny the city's request for money altogether.

Where his predecessors cried for a fairer deal, Ford has spun a tale of a city that has more money than it actually needs. He's boasted of bogus billion dollar savings. He's said there's enough revenue to both keep property tax increases below inflation while also cutting major revenue drivers.

But, inexplicably, Ford still acts like he could make a serious case to Wynne about the city's need for cash. Under mayors Mel Lastman and David Miller, the request would be a slam dunk, but now it's almost impossible to square the request for money with Ford's claim that the city already has lots of it.

Ford, of course, doesn't understand this.

The guy may know a few things about storm cleanup, but he's totally oblivious to the real damage he's done.



Read more of Matt's blog, *Ford for Toronto*, at metronews.ca

ZOOM

Yet another weird festival in Spain



BLAZQUEZ DOMINGUEZ/GETTY IMAGES

This one involves throwing turnips

A man throws a turnip at the Jaramplas as he makes his way through the streets beating his drum during the Jaramplas Festival on Sunday in Piornal, Spain.

The centuries old Jaramplas festival takes place annually every January 19 to 20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect

to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by

the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

Clickbait



LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

Horizon:

Vertical video syndrome, or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwinddog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button.



CONTRIBUTED

Twitter



@phronk: I'd say @MsMorganSmith is my favourite person in television.

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her? (See story, page 15)

@fakeGAINER: All "No Smoking" signs come down when she's doing in because she is SMOKING hot baby! #wendys #hotredhead

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

Follow @metropicks and take part in our daily poll.

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When you're the woman for Wendy's

Morgan Smith.

Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA
BIGRIGG

scene@metronews.ca

What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond. "They're kind of like the unicorns of modern day society."

"I don't want to seem hypocritical, because I'm not a natural redhead," she added. "I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting. "I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

Small-town Smith

- Morgan Smith says she always knew she wanted to move to New York City and perform. Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform."

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there."

"It's given me a ton of exposure. You have to be forever grateful and very flattered when a company will trust you with their brand. So I don't take it lightly."



Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online. Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her. "I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people

a forum to say whatever they want without consequence. If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said. "I know it's out there, I'm well aware. Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress. "I'm still working on some other stuff. Some really interesting things have presented themselves, we're just looking for the right opportunity."

Opinion

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

2 SCENE

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FAMILY LITERACY

LIFELONG LEARNING BEGINS AT HOME

A mom and her nine-year-old daughter take turns reading to each other at bedtime. A dad and his six-year-old have fun making the weekly grocery list, checking various cupboards and shouting out the needed food items. When a toddler wakes up crying in the middle of the night, his mom sits by his bed and sings him a lullaby.

In all of these scenarios, the parent is engaging with their child and helping to support the development of literacy skills – and we know this is so important, says Gillian Mason, president, ABC Life Literacy Canada. Learning is lifelong, and children start from the minute they're born.

Although people may think of literacy as reading and writing, in the big picture literacy is the ability to communicate with other people, in person, in writing, or online. It is the ability to engage in all forms of communication so that you can fully participate in life.

"The importance of the teaching role that parents have with their kids can't be overstated," says Mason. "What makes the biggest difference

in a child's life is the example, the inspiration, and the learning that they receive in the home."

Parents are their children's best and most important teachers, says Kim Chung, program director, Centre for Family Literacy in Edmonton. "If a child sees a parent modeling reading or writing behaviours, they're going to want to do that too."

The evidence shows that where there are strong language and literacy skills in a household, children are much more likely to develop strong language skills themselves and be more literate.

"Research shows that the stronger your literacy skills, the more engaged you can be in your life, and the more likely you are to thrive," says Mason.

To that end, ABC Life Literacy Canada, a non-profit organization, created Family Literacy Day, an annual awareness initiative that puts a spotlight on the importance of engaging in literacy-related activities as a family. Family Literacy Day is officially January 27, with literacy-related



activities and events held in homes, libraries, literacy centres, schools, and other locations across Canada. This year is the 16th Family Literacy Day, and there are events scheduled across Canada.

"Family literacy is a holistic approach, uniting a family and enriching a child's life as well as the parents'," explains Chung. Both the parent and child benefit in different ways. By reading to children and engaging in fun literacy activities, parents are actively keeping their own skills sharp while strengthening the relationship.

Activities that support literacy development can easily be incorporated into the family's everyday routine activities. And it's important that they're fun, says Chung.

Children learn through rhythm, rhyme and repetition so incorporate a story or song into the bedtime routine. They love to share and talk so when the family goes for a walk, point out signs, read them and talk about what they mean. Encourage kids to 'use their words'. Create a game out of

sweeping the floor. Doing a chore might not be the most fun part of their day but a song that goes along with it or a game can make it that much better, says Chung.

Natrel, a division of Agropur Cooperative, Canada's largest dairy co-op, is a partner of ABC Life Literacy and has helped create Family Literacy Fun, a collection of fun and skill-building activities, games and tips available at www.FamilyLiteracyFun.ca.

"Natrel supports healthy lifestyles and healthy children. In today's busy and changing world, literacy and lifelong learning play such important roles," said Stéphanie Renaud, national marketing director at Natrel. "We're proud to be involved in a program that supports literacy and helps Canadian families learn and grow together."

ABC
LifeLiteracyCanada



BOOKS FOR YOUR FAMILY

Parents frequently ask for lists of the best books to read to their children. But the best books are the ones that you and your children enjoy the most. Family reading is about sharing a laugh, a special moment, or learning something new together. Select books that best represent your interests and beliefs.

How to choose the best book for you?

- Are there interesting pictures that help to tell the story?
- Does the book reflect your family's culture?
- Will the book capture the attention of the whole family?

There are many kinds of books including board books, fairy tales, information books, touch-and-feel books and wordless books. For fun books to share with your family, visit www.FamilyLiteracyFun.ca.



Family Literacy FUN

ENJOY THESE ACTIVITIES FROM
www.FamilyLiteracyFun.ca

NEIGHBOURHOOD SCAVENGER HUNT

Today, family life is busy. We spend a lot of time travelling – in cars, on buses and on foot – in our neighbourhood. Take your literacy fun with you. Play the Neighbourhood Scavenger Hunt game to practice your reading and observation skills.

How to Play:

- Print a scavenger hunt card for each player (Note: If you are driving, you do not get a card!)

- Hand out pencils for all players.
- Check off the correct box when you find the item.
- The person who finds the most items wins

The items on the scavenger hunt card list: stop sign, dog, tree, blue car, bus, bike, person walking, traffic light, bird and playground.

For scavenger hunt cards, visit www.FamilyLiteracyFun.ca.



ALPHABET BOOGIE RAP

Singing with your child is a great literacy activity – it's a fun way to develop a strong family bond while learning new words. By teaching rhymes, rhythms and patterns, is singing strongly connected to language skills.

Have fun teaching your child the letters of the alphabet by singing the ABC song together. Try this fun ABC rap, complete with interactive body movements (do the ones that you and your child enjoy!). Here's a sample of some of the letters:

A is for airplane flying in the sky
(hold arms out like airplane wings and walk around the room)

B is for butterfly soaring high
(palms facing you one hand over the other, clasp your thumbs together and wiggle your fingers)



S is a sandwich, it's yummy with cheese (give an imaginary sandwich half to your child and each take a bite)

T is for a T-rex, which is taller than trees (stomp around the room like a T-rex)



Y is for yawning, when the stars are shining bright (yawn together)

Z is for sleeping and to you a good night (say "zzzzzz" and give your child a big kiss)

For the rest of the letters, visit www.FamilyLiteracyFun.ca.

FIVE GREAT FAMILY LITERACY ACTIVITIES

1 ALPHABET YOGA

Yoga improves flexibility, balance, and well-being. One fun way to practise yoga with children is to bend your body into the shape of letters. Say the name of the letter out loud and then put your body into the shape of the letter, either lying down or standing, as best you can. Count three breaths in and out, and release. Go through the alphabet.

2 LAUNDRY BASKETBALL

Dump out the clean laundry basket and ask kids to find all the socks and match up pairs. Encourage children to talk about the different colours and even different sizes or owners. Once they've identified pairs, show them how to turn one inside the other so they form a soft ball. Now, stand a distance from the laundry basket and see if they can get the sock ball inside.

3 GROCERY SHOPPING

The whole family can participate in shopping for groceries. Children can write the grocery list, read it aloud as you make your way through the aisles, and check off items as they go into the shopping cart. The supermarket is a great place for reading (aisle signs, labels, ingredients), counting, identifying colours, and other learning activities.

4 COOKING WITH NUMBERS

Practice reading, math and language skills by following a recipe together. Children of all ages can help. Encourage younger children to help by adding ingredients and mixing. Ask older children to help by counting and measuring ingredients.

5 GAMES

Play a game together; charades is a classic. The object is to communicate a word or phrase without speaking. Write down 10 to 15 words or phrases (appropriate to the age of children playing) on strips of paper, fold them up, and put them into a hat. Take turns picking from the hat – and acting out the word or phrase while everyone else tries to guess the answer.



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Christopher Nolan comes full circle

Founder's Award.
Filmmaker receives newly created prize, waxes positive about indie film fest

Batman Trilogy director Christopher Nolan, one of Hollywood's biggest success stories, returned Saturday to the tiny hotel screening room where it all began for him.

The British filmmaker behind the multi-billion-dollar Batman franchise and Inception, another global hit, was at the Slamdance Film Festival to receive the newly created Slamdance Founder's Award, recognizing both his astounding 15-year-climb to the top and the fest's 20th anniversary.

It was at the 1999 edition of the then-fledgling Slamdance, an upstart rival to the bigger Sundance Film Festival further down Main St., in Park City, Utah, that Nolan premiered his first feature, Following, a mystery thriller he shot on weekends with friends for the equivalent of \$6,000 (U.S.).

He screened it in the makeshift movie theatre off the hotel lobby that Slamdance uses inside its headquarters at the rustic Treasure Mountain Inn.

It's an extremely cramped space with an official seating capacity of 140 people, although it looked as if at least a couple of dozen more were wedged in to see Nolan receive his award.

"It seems an incredibly long time since I was here last... but it feels like only yesterday," said Nolan, 43. "And for those of you wondering, this room hasn't changed in the slightest!"

Nolan said he was thrilled to receive honours handed to him by Slamdance co-founder Peter Baxter, because the festival continues to support many independent and first-time filmmakers. "It's a true community of filmmakers and that's a thing that's much more rare than you'd expect to be in the world, frankly."

The recognition from Slamdance in 1999 gave Nolan the leg up he needed to secure the money to make and distribute his next film, Memento, a mind-puzzler about a man



Christopher Nolan received the Slamdance Founder's Award on the weekend in Utah. GETTY IMAGES

with a failing memory, played by Guy Pearce, who is trying to find out who raped and murdered his wife.

Memento screened at Slamdance in 2000 and went on to

become a cult hit.

The Batman Trilogy — Batman Begins, The Dark Knight and The Dark Knight Rises — followed in the years after that, along with Inception and other

noteworthy films.

Nolan used the occasion to give some advice to the many rookie filmmakers in the room who were hanging onto his every word.

"What Slamdance teaches you is that whilst it's wonderful to have a great community around you of filmmakers, you have to be prepared to do everything yourself..."

"The truth is, you have to be prepared to carry the flag for a film when nobody else will. If you're not prepared to do that, then nobody else will bother."

Taking questions from the audience, Nolan put to rest the long-floated rumour that Memento was originally supposed to star Brad Pitt instead of Pearce, but Nolan had turned the superstar down.

"He turned me down!" Nolan said, as the room erupted in laughter. "He did read the script and he met with me about it when he didn't have any reason to know who I was or anything about it."

Slamdance's Baxter said he can't believe that nobody had noticed Nolan's filmmaking talent before he came to Park City in 1999. "It seemed so obvious to me that here was a great new filmmaking voice who was going to advance storytelling and film production..."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It was not meant as a racial slur.

I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people the wrong impression. Forgive me."



Dennis Rodman

First North Korea, then rehab

This might explain some of his more outrageous recent behaviour: Dennis Rodman has checked himself into an East Coast rehab facility to treat his alcoholism, according to CNN. Rodman, who has been

in the news for his goings-on with North Korean dictator Kim Jong-un, most recently exploded at a CNN reporter during a live interview, and he later blamed his actions on his drinking.

Pop Goes the Week

Ke\$ha and mom spend time together



STARGAZING
Malene Arpe
scene@metronews.ca

Ke\$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen (who is, FYI, the grandson of Steve McQueen). Robin and Sean's son Hopper was



all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatever."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's

earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egging incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Biebertdict without being accused of a crime?

Joe Jonas Burnin' Up L.A. streets as a cab driver

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A.

Twitter user @lindseyfarwell and some friends ordered a cab through the popular Uber taxi app last Thursday



Joe Jonas ALL PHOTOS GETTY IMAGES

and got the mild surprise of a lifetime when the driver of their cab turned out to be the one-time boy band star.



Johnny Depp

Have you Heard?

While Johnny Depp shared 14 years together — and two children — with Vanessa Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp has reportedly proposed to girlfriend Amber Heard, according to People magazine. "They couldn't be happier to be engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming The Rum Diary, went public as a couple shortly after he split from Paradis in 2012. Depp was married once before — briefly, at age 20.

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Travel Tidbit

Trip, interrupted



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Kathy Buckworth
kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled

flights and disgruntled travelers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see.

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choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

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Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for college es-



As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

says and scholarships.

"There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and

adolescents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12

to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of

the movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

THE ASSOCIATED PRESS

Talking breast cancer

EMILY
LAURENCE

Metro World News in New York City

It's safe to say that pretty much every pre-teenage girl is self-conscious about her bra size, and doesn't want to talk about it.

Any discussion with the word "breast" is likely to make your daughter squirm with discomfort, but if having such discussions about breast cancer helps lower her risk of being among the

one in eight women diagnosed with it, then they are definitely worth having.

The advocacy group Nourish Our Girls teamed up with the snack SuperSeedz to educate adolescents on how they can reduce their risk of getting breast cancer later in life. Their research has found making smart food choices is key.

"It is almost unbelievable that there is so little awareness about just how critical early diet and nutrition can

be in reducing breast cancer risk," says nutritionist Nicole Larizza.

Establishing good eating habits early in life is crucial, which has obvious benefits that extend beyond lowering one's risk of developing breast cancer.

Talk with your daughter about how making healthy choices when it comes to her snacks or school lunch will lower her odds of becoming a victim of the fourth leading cause of death in the U.S.



Talking about breast cancer is vital to raising awareness. ISTOCK

3
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Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool then slice thinly.

Nutritional information

Per serving

- Calories. 410
- Carbohydrates. 55 g
- Fibre. 2.9 g
- Protein. 18 g

- Total fat. 7 g
- Saturated fat. 3.4 g
- Cholesterol. 45 mg
- Sodium. 244 mg



This recipe serves four. ROSE REISMAN

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine

the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Reduce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly thickened. Remove from the

heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the peas and bell

pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



This Browned Butter Mushroom Ravioli with Sage recipe serves four. NEWS CANADA

Fancy in just a few steps? It's possible

1. Put pot of lightly salted water on to boil for pasta.

2. In shallow skillet, melt butter over medium high heat. Add sage leaves. Cook, swirling pan occasionally, until butter turns brown and smells like toasted almonds. Remove skillet from heat. Place sage leaves on a couple layers of paper towel to drain. Reserve 1 tablespoon of the browned butter for later.

3. Return skillet to medium heat. Sauté garlic in browned

sage butter until soft. Add mushrooms and increase heat to medium-high, adding a pinch of sea salt and generous grinding of fresh black pepper. Cook mushrooms until soft, 3 to 5 minutes. Stir in thyme and cream, and cook until cream has thickened, 2 minutes. Keep warm on low while you tend to pasta.

4. When water reaches a full, rolling boil, cook pasta to al dente stage. Timing varies depending on whether using

fresh or dried pasta. Drain pasta being careful not to tear it.

5. Set out four plates and place one sheet of pasta in the middle of each. Spoon 1/4 of the mushroom mixture on eat sheet of pasta and sprinkle with 1 tablespoon of Parmesan. Top with a second sheet of pasta. Drizzle with some of the browned butter. Garnish with a fried sage leaf. A dusting of more freshly ground pepper is nice, but not necessary. Serve.

NEWS CANADA/ MUSHROOMS.CA.

Ingredients

- 1/4 cup butter
- 4 large sage leaves, whole
- 1 clove garlic, minced
- 4 cups sliced mushrooms
- 1 pinch fine sea salt
- freshly ground black pepper
- 2 sprigs thyme, leaves removed
- 2 tbsp heavy cream (35%)
- 8 sheets pasta sheets, fresh is best but dried will do (about 4 inches square)
- 1/4 cup grated Parmesan

Duo has got the simple, silly and spellbinding down to science

Video killed the afternoon bore.

Canadian pair behind AsapScience YouTube videos stunned by enormous success

Twenty-five-year-old University of Guelph grads Gregory Brown and Mitchell Moffit left school and started their professional lives with a goal of demystifying science for as many people as possible.

They've already succeeded far beyond their wildest dreams.

It was about a year and a half ago when Brown and Moffit launched the YouTube channel AsapScience, with a video entitled How to SEE or HEAR the Big Bang.

Neither appears on screen in the quick two-minute video, which is narrated by Moffit and illustrated by Brown with simple drawings on a dry-erase whiteboard.

AsapScience's videos weren't an overnight sensation, but soon enough, web lessons explaining the science behind overeating, weight loss, orgasms, blushing, flatulence, pornography addiction and sleeping started going viral.

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff



Featuring simple diagrams and oftentimes hilarious voiceovers, AsapScience's videos stimulate both the brain and the funnybone. YOUTUBE

that was actually integrated in their own lives, maybe they'd find it interesting. So it kind of grew out of the idea of wanting to share the awesome things we had learned," said Moffit. "Trick them into learning science."

AsapScience has now racked up more than 177 million views and has more than two million subscribers, which is more than Drake and just short of Britney Spears and Jennifer Lopez.

And soon their science lessons will be seen on TV. CBC asked the duo to produce a series of sports-

related videos that will air daily during the Olympics, as well as being posted to their YouTube channel.

The videos will look and sound just as they do on YouTube, with Moffit explaining the science as

So which one was it?

- AsapScience's most popular video to date — with more than 14 million views in about a year — examines the age-old question of which came first, the chicken or the egg?

Brown sketches out the lesson.

"Part of the reason we

think AsapScience has done so well is because it kind of stripped out the personal-



Asap co-creators, from left, Gregory Brown and Mitchell Moffit. YOUTUBE

You, you, you, oughta know

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting."

Mitchell Moffit,
co-creator of AsapScience

ity in a way, it became only about the topic or the subject and you didn't have to worry about who was talking to you," said Moffit.

"And with the whiteboard we're trying to make it less scary," added Brown.

"People are scared of science, it's hard. But it's fascinating, it's fun, it's totally not those things it has the (bad) reputation of being."

What started as a hobby turned into full-time work for the duo, who have hired their first staffer to help run their rapidly growing operation, based out of their Toronto home.

"It's amazing how you don't need that much to create a following like we've created," said Moffit.

"I remember hitting 10 million views and being like, 'Oh my God, that's so insane, it's just so crazy, but we'll never hit 100 million.' And now we're almost at 200 million."

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There's freedom in the freelance. Every person has a plethora of talents, so how about turning a side hobby into a cash-making side career

DAN SCHAWBEL
Metro World News

Gone are the days when you could rely on one source of income to survive. Secure full-time jobs are scarce — the economy is too unpredictable, and there are many external

factors that you can't control — like your company going into bankruptcy or eliminating your department.

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well respected company doesn't mean you're protected from unpredictable

layoffs.

In this kind of employment climate, you need to have multiple sources of income.

The best way to accomplish that is by having an entrepreneurial mindset. Think about career diversification the same way you think about managing a portfolio of stocks.

If you put all of your money



What skills have you got in your back pocket that aren't being put to good use? ISTOCK

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on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification, and it's becoming more and more popular. Intuit predicts that 40 per cent of U.S. workers will be freelancers by the year 2020. With freelancing you can take on multiple clients, and if you lose one you can still survive. Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If

you work for a big corporation, you should be doing side projects (such as freelancing) just in case you get laid off.

You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can make because it gives you the upper hand in your career, and is your best insurance plan against things that you can't control.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

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VICKI
SALEMI

Metro World News



Enjoying time with your friends doesn't need to be expensive. ISTOCK

says, "let them know that you are saving up for a special trip or purchase."

Another habit is a spending diary. Francis says this is particularly helpful when you start tracking expenses to create a budget. It's just what you think it is: Track everything you spend and then analyze the month.

Francis advises, "Review your spending patterns and figure out where you could cut costs and where you can afford more leeway." Seeing how much money's being spent on restaurants, clothes and other items could be surprising. Francis says "having a big picture view of how you spend is very effective and necessary."

Plus, you can always kick it old school. Francis suggests

Toonie-saving tips

- Utilize your pre-paid meal plan.
- Use cash for everything.
- Buy used books.
- Stock up on groceries and snacks when you're home.
- Suggest less expensive ways to hang out with friends like working out instead of going to the mall.

the envelope system. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. If you budgeted \$200 for groceries and only use that envelope of cash for the supermarket, as soon as that \$200 has whittled away, you can't spend more on groceries that month.

'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.



Look to the turtle when your road gets rough. ISTOCK

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is

difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-onself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFÁN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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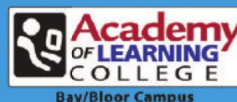
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NBA

Lakers end Raps' home win streak

Nick Young and the Los Angeles Lakers got the Toronto Raptors to play it their way Sunday afternoon.

Young had 29 points while Pau Gasol added 22 to lead the short-handed Lakers to a 112-106 win at the Air Canada Centre, halting Toronto's six-game home win streak. Los Angeles (16-25) used an attacking style to rally from deficits of 19 and 17 points and earn its second straight road victory but just its third in 15 games overall.

"We have to be a defence-first team, not a three-point shooting team, Toronto coach Dwane Casey said. "We got caught up in their quick threes, which we're not very good at."

The Lakers hit 12 of 22 (54.5 per cent) three-pointers. Toronto finished 9 of 30 (30 per cent) from beyond the arc. **THE CANADIAN PRESS**



The Lakers' Pau Gasol dunks against the Raptors on Sunday.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Hockey-bashing



"Calgary and Vancouver last night reiterated why the NHL is a minor sport."

Baseball analyst Peter Gammons on Twitter after a fight-filled Calgary Flames-Vancouver Canucks game Saturday night, which saw over 200 minutes of penalties and eight game misconducts, and featured altercations on and off the ice.



Broncos quarterback Peyton Manning calls a play against the Patriots on Sunday in Denver. JAMIE SQUIRE/GETTY IMAGES

Manning delivers KO punch to Brady bunch

NFL playoffs. QB leads Broncos to Super Bowl for a shot at 2nd ring

AFC championship

26

Broncos

16

Patriots

Peyton Manning stuffed the football into his helmet and handed it to an equipment man for safekeeping.

The connection: Flawless, as usual.

The keepsake: Certainly one he'll want to hang on to.

The Broncos quarterback had an answer for everyone Sunday, from Tom Brady to the New England defence to anyone who thought he couldn't win the big one.

Manning is taking the Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories, this time, a 26-16 win over the Patriots on

Sunday in the AFC title game.

"Being in my 16th season, going to my third Super Bowl, I know how hard it is to get there," Manning said.

Especially this time.

Only three years ago, he could barely grip a football as he started the long comeback from surgeries that ravaged his neck and nerve endings. And only 53 weeks ago, he suffered a devastating loss to Baltimore in the divisional playoffs that derailed what looked like a Super Bowl trip

in his comeback season.

But Manning will get his chance for a second Super Bowl ring, after all. He'll try to become the first starting quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against the Seattle Seahawks.

The Indy-turned-Denver quarterback improved to 5-10 lifetime against Brady, but is now 2-1 in AFC title games.

Though Manning threw for 400 yards, it was more dink-and-dunk than a fireworks show in this, the 15th instalment between the NFL's two best quarterbacks of a generation. Manning set up four field goals by Matt Prater and put his stamp on this one with a pair of long, meticulous and mistake-free touchdown drives in which nothing came cheap.

THE ASSOCIATED PRESS

Seahawks off to Super Bowl

Russell Wilson threw a 35-yard touchdown pass on fourth down and Seattle's defence forced two late turnovers, lifting the Seahawks into their second Super Bowl with a 23-17 victory over the San Francisco 49ers for the NFC championship Sunday.

- San Francisco led 17-13 when Wilson, given a free play as Aldon Smith jumped offside, hurled the ball to Jermaine Kearse, who made a leaping catch in the end zone.
- Steven Hauschka then kicked his third field goal, and Seattle intercepted in the end zone on the 49ers' final possession.

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Kadri puts on a show for his critics, Kobe

NHL. Young Leafs centre displays his potential as trade rumours swirl

Nazem Kadri picked a good night to have arguably his best game of the season.

The Toronto Maple Leafs centre made two highlight-reel passes and laid a big hit on Andrei Markov in a 5-3 victory Saturday night over the Montreal Canadiens and did so with one of his favourite basketball players in attendance.

"I think he saw that Kobe was at the game and he wanted to impress him, and he did a good job of it," teammate Tyler Bozak said.

Los Angeles Lakers star Kobe Bryant was at Air Canada Centre for Leafs-Habs, but Kadri didn't notice him until the end of the first period. By then, Kadri had already drilled Markov and assisted on Cody Franson's goal with a perfect feed.



Nazem Kadri hits the Canadiens' Tomas Plekanec on Saturday.
CLAUS ANDERSEN/GETTY IMAGES

"I'm happy he came to watch some hockey," Kadri said of Bryant. "I don't know, maybe I can meet him somehow."

Bryant was busy with the Lakers facing the Toronto Raptors on Sunday night, but if he was watching closely, Kadri undoubtedly made a positive

impression.

More importantly, Kadri used the rivalry spotlight to silence some critics and the trade talk — at least for a little while.

"You guys were on him the other day, so I don't know, maybe you guys fired him up a little bit," James van Riemsdyk said, referring to some extra media attention around Kadri. "But he always comes to play in the big games. We know he's a big-game player, he likes playing on the big stage."

The 23-year-old Kadri has been the subject of reports that the Leafs are shopping him before the Olympic roster freeze. His early answer to that chatter was to finish a check on Markov just 15 seconds in, on the first shift of the game.

"I knew I had to get into the game right away," Kadri said. "Sometimes I do that with my physical play. It was a clean hit, Markov, he's one of their better defencemen ... I think that kind of set the tone for myself."

THE CANADIAN PRESS

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OFFICIAL PIZZA OF:





Sidney Crosby will serve as captain for Canada's men's Olympic hockey team. DEREK LEUNG/GETTY IMAGES

Crosby to captain Canadian ship

Olympic hockey. Sid the Kid given promotion while Toews and Weber named alternates

Sidney Crosby is the face of the NHL and hockey in Canada, so it's only natural that he'll be the country's captain at next month's Sochi Olympics.

The Pittsburgh Penguins captain, who scored the gold-medal-winning overtime goal against the United States in Vancouver four years ago, got the nod to wear the C this time around.

Jonathan Toews of the Chicago Blackhawks and Shea Weber of the Nashville Predators were named alternate captains, Hockey Canada announced Sunday morning.

"Sidney, Jonathan and Shea have been leaders on the international stage in the past, as well as with their NHL teams," coach Mike Babcock said in a

Leading the women's team

Caroline Ouellette has been named captain of Canada's women's Olympic hockey team.

- The 34-year-old from Montreal already has three Olympic gold medals since joining the team in 1999. She also has six Women's World Championship gold medals as well as five silvers.
- Ouellette replaces Hayley Wickenheiser as captain. Wickenheiser will serve as a permanent alternate captain.

statement. "These three players will be at the forefront of our efforts in Sochi, but we are confident we have 25 players on our roster that will lead in their own way and allow our team to be successful."

There will be no shortage of leadership in Sochi given

the presence of six NHL captains, but it starts with Crosby. "Playing for Team Canada, playing in the Olympics is a great opportunity," Crosby told reporters at Penguins practice. "But being able to be named the captain is definitely an honour."

Crosby was made the youngest captain in NHL history when he got the C for the Pittsburgh Penguins six and a half years ago. In 2009, he raised the Stanley Cup as captain.

At the 2010 Olympics, Crosby was an alternate along with defenceman Chris Pronger and winger Jarome Iginla. The 26-year-old Cole Harbour, N.S., native doesn't expect his mindset to change much.

Veteran defenceman Scott Niedermayer captained that team and said before his Hockey Hall of Fame induction in November that he had no doubt Crosby is ready to assume that role.

"He was probably ready when he was 16," Niedermayer said. **THE CANADIAN PRESS**

Australian Open

Historic win lands Bouchard in quarter-finals

Montreal's Eugenie Bouchard thinks about tennis all the time — even when she's relaxing.

The 19-year-old is preparing for the biggest match of her fledgling career as she faces Ana Ivanovic in the quarter-finals of the Australian Open on Tuesday.

Bouchard, whose WTA ranking is expected to rise



Eugenie Bouchard
THE ASSOCIATED PRESS

as high as No. 21 after this tournament, will face a tough test in Ivanovic, a former No. 1 and 2008 French Open

champion.

Despite the daunting task, Bouchard has found some time to unwind.

"Right now I'm watching Hart of Dixie on my computer," said Bouchard on Monday. "But I do enjoy

watching tennis at night. Of course, it's tennis. But to me it's still watching as a fan, it's entertaining.

"I love tennis, it's my life. So thinking about tennis all the time is kind of what I do."

The 14th-seeded Ivanovic is fresh from her knockout of top seed Serena Williams while Bouchard booked her place with a win over Australian Casey Dellacqua 6-7 (5), 6-2, 6-0 to become the first Canadian woman since Patricia Hy-Boulais at the 1992 U.S. Open to get this far at a major. **THE CANADIAN PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	48	30	15	3	138	107	63
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	50	25	20	5	141	152	55
Detroit	48	21	17	10	121	130	52
Ottawa	49	21	19	9	139	155	51
Florida	48	18	23	7	111	147	43
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	49	25	19	5	134	140	55
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	50	19	24	7	138	163	45

Sunday's results

Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

Saturday's results

San Jose 5 Tampa Bay 4
NY Rangers 4 Ottawa 1
Winnipeg 3 Edmonton 2 (OT)
Detroit 3 Los Angeles 2 (SO)
Columbus 4 Buffalo 3 (SO)
Carolina 3 Florida 2
Toronto 5 Montreal 3
Philadelphia 6 NY Islanders 4
Phoenix 3 New Jersey 2
Anaheim 3 St. Louis 2
Colorado 5 Nashville 4
Minnesota 3 Dallas 2 (OT)
Vancouver 3 Calgary 2 (SO)

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	47	32	10	5	166	107	69
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Dallas	48	21	19	8	136	148	50
Nashville	50	21	22	7	121	151	49
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	49	29	14	6	126	100	64
Vancouver	50	25	16	9	127	127	59
Phoenix	48	23	16	9	139	145	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note:

Two points for a win, one point for overtime loss.

Monday's games — All Times Eastern

Philadelphia at NY Islanders, 1 p.m.
Los Angeles at Boston, 3 p.m.
Florida at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Toronto at Phoenix, 8 p.m.
Dallas at Nashville, 8 p.m.
Calgary at San Jose, 10:30 p.m.
Tuesday's games
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

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Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	11	.725	3 1/2
Atlanta	20	19	.513	12
d-Toronto	20	19	.513	12
Washington	19	20	.487	13
Chicago	19	20	.487	13
Detroit	17	23	.425	15 1/2
Brooklyn	16	22	.421	15 1/2
Charlotte	17	25	.405	16 1/2
Cleveland	15	25	.375	17 1/2
New York	15	25	.375	17 1/2
Boston	14	28	.333	19 1/2
Philadelphia	13	27	.325	19 1/2
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	9	.775	1/2
Oklahoma City	31	10	.756	1
d-L.A. Clippers	28	14	.667	4 1/2
Houston	27	15	.643	5 1/2
Golden State	26	16	.619	6 1/2
Dallas	24	18	.571	8 1/2
Phoenix	22	17	.564	9
Denver	20	19	.513	11
Memphis	20	19	.513	11
Minnesota	19	21	.475	12 1/2
L.A. Lakers	16	25	.390	16
New Orleans	15	24	.385	16
Sacramento	14	25	.359	17
Utah	14	28	.333	18 1/2

d-division leader

Sunday's results

L.A. Lakers 112 Toronto 106
Orlando 93 Boston 91
San Antonio 110 Milwaukee 82
Oklahoma City 108 Sacramento 93
Denver at Phoenix
Monday's games — All Times Eastern
Dallas at Cleveland, 1 p.m.
L.A. Clippers at Detroit, 1 p.m.
Toronto at Charlotte, 2 p.m.
Philadelphia at Washington, 2 p.m.
Brooklyn at New York, 2:30 p.m.
New Orleans at Memphis, 5 p.m.
Miami at Atlanta, 5:30 p.m.
L.A. Lakers at Chicago, 8 p.m.
Portland at Houston, 8 p.m.
Indiana at Golden State, 10:30 p.m.

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Horoscopes

Aries

March 21 - April 20

Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

Taurus

April 21 - May 21

Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

Gemini

May 22 - June 21

You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

Cancer

June 22 - July 23

It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

Leo

July 24 - Aug. 23

For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

Virgo

Aug. 24 - Sept. 23

Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

Libra

Sept. 24 - Oct. 23

If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

Scorpio

Oct. 24 - Nov. 22

Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

Sagittarius

Nov. 23 - Dec. 21

The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

Capricorn

Dec. 22 - Jan. 20

The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

Aquarius

Jan. 21 - Feb. 19

The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

Pisces

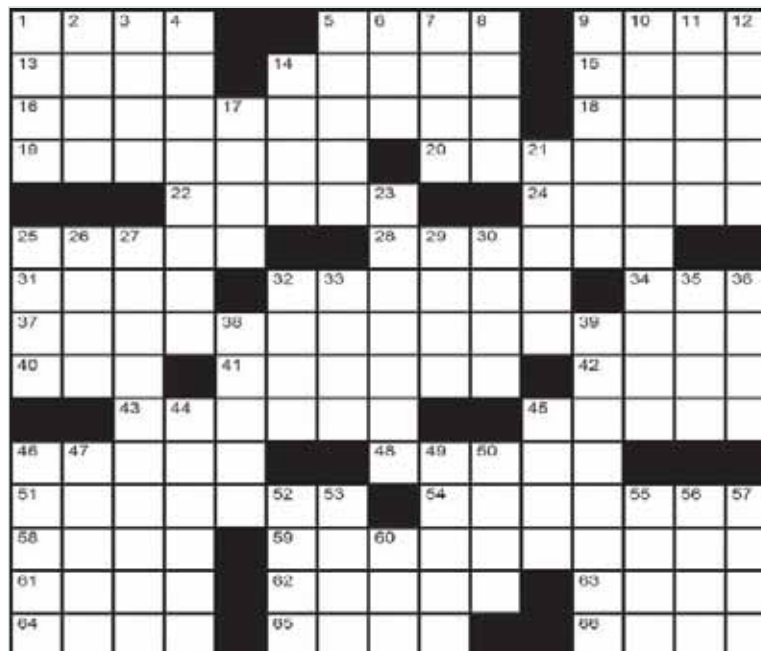
Feb. 20 - March 20

What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Folk classic: "____ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 ____ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had ____ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "____!" (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You ____ Rich?"
46. Rainforest, for



Down

1. "Say as he says, ____ shall never go." - Hortensio, The
63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, ____ Island
66. 'Gang' suffix

- Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. ____ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '____' Effort
60. Determine

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-9° / -20°

Flurries

40%

Tuesday

-18° / -21°

Partly cloudy

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